



FABBYNOSH CHRISTMAS AT HOME

COOKED UP BY GARY ALLEN



Christmas is coming the goose is getting fat etc

Yes it's that time of year again, rushing around at the last minute trying to get all those presents. Getting hubby to go to the supermarket to pick up the things you forgot, sausage meat, mince pies and the all important cranberry sauce.

By the time you come around to cooking the festive bird like many others you will be scratching your head asking how many hours and at what temperature do I need to cook this thing for. Not forgetting the all important vegetables and other accompaniments. Lastly, not that anyone ever eats it, you must have a Christmas pudding as well because it's tradition "right"?

Well in this short Christmas edition I have tried to take some of that stress away by giving you a few simple options for each course and some secret ingredients to jazz up what can be pretty ordinary fare.

Remember sometimes less is more, this is so true during the festive season when cooking too much food is common place and living on the leftovers can last for days. Take a leaf out of my book and prepare three simple courses that won't leave your kitchen looking like a bomb site and the fridge bursting at the seams.

Merry Christmas and a Happy New Year to you all I hope you enjoy my simple approach.

Gary

PS: Remember presentation is half the battle, try a few easy garnishes to brighten up your food.....enjoy

APPETIZERS

CARROT & GINGER SOUP

PRAWN COCKTAIL

SALMON ROSE (VEGGIE OPTION)

BLACK OLIVE APPETIZERS (SIMPLE OPTION)

REMEMBER KEEP IT LIGHT, PLENTY MORE FOOD TO FOLLOW

Carrot & Ginger Soup

Makes 8 Large Servings

Appetizers



Ginger Carrot Soup will fill your kitchen with the most wonderful aromas and that's before you have even tasted what for me is one of my favourite soups. Easy to make and a great start to any meal, in particular a cold winters day in December.

Ingredients:

- Half a cup of butter
- Two finely chopped medium sized onions
- Two tablespoons of peeled and grated fresh ginger
- One and a half pounds of thinly sliced carrots
- Six cups of chicken stock (You can add more if too thick)
- Half a cup of orange juice
- Salt to taste
- Half a tablespoon of black pepper (or more to taste)

1. Melt the butter slowly over medium/high heat
2. Sauté the onions until they become translucent, should take about 5 minutes
3. Add the ginger and cook for further two minutes
4. Add carrots, chicken stock and orange juice, once it boils, reduce the heat covering and simmering until the carrots are tender usually around 15 minutes
5. Using a hand held or stand alone blender, blend the mixture until smooth
6. Return your soup to the pan and add the salt and pepper
7. Serve hot

Garnish

- Dribble a spiral of single cream over the surface
- Using a kebab stick or similar lightly drag from the center to create a indent pattern
- Pile some chives or thinly chopped spring opinions in the center to finish

Secret Ingredient

- A large pinch of nutmeg will keep them guessing



Prawn Cocktail the Way I Like It

4 to 6 Prawns per serving

Appetizers



Prawn Cocktail is normally viewed as being easy to make and a boring quick cop out for a the chef with little or no time. Quick “yes” but certainly not a cop out. There are many variations on the theme, this is mine, dressed to impress.

Ingredients:

- Four large (King or Tiger) cooked prawns per person, heads and shells removed (Leave the tails as it makes a handy holding point when using your fingers to eat)
- One large beef tomato for each serving
- One tablespoon of finely chopped spring onion for each serving (or white onions)
- One tablespoon of finely chopped red/green pepper for each serving
- One tablespoon single cream for each serving
- A dash of lemon or orange juice (Not to much)
- A pinch of cayenne pepper to taste (Don’t over do it)

1. Cut of the “bum” (stalk end) of the tomatoes & dip in boiling water for 20 seconds
2. Quickly peel off the skins and chop in to small pieces
3. Place in blender and add the onions and peppers
4. Blend for a few seconds, do not puree
5. Pour in to a mixing bowl and add the cream, juice & cayenne pepper
6. Mix together adding more cream to thicken and pepper to taste
7. Place in the refrigerator to chill
8. Serve in cocktail glasses with a small bed of lettuce as a base
9. Poor mix over lettuce and hook prawns over the edge of the glass

Garnish

- Small celery sticks with leaves really complement the dish and taste great
- Sprinkle a tiny amount of cayenne pepper for colour

Secret Ingredient

- Vodka will give it a Bloody Mary taste
- Worcestershire sauce makes for a tangy option



Salmon Rose with Cream Cheese

Servings as required

Appetizers



Salmon Rose is in keeping with light nature of the Christmas appetizer theme. This simple but very impressive dish will not overfill your guests, just set the scene and standard for an excellent feast (Suitable for vegetarians).

Ingredients:

- 10oz or more if required of cooked salmon
(Preferably wild Scottish salmon that hasn't been force fed & artificially coloured)
- Vegetarian cream cheese
- Fresh sprigs of parsley
- Dried parsley flakes/powder
- Zest of lemon or orange juice (Which ever you prefer)

1. Cut salmon into long strips approximately 2 cm thick
2. Holding one end on a board roll the other to create a twist or shoe lace effect
3. Arrange in a spiral pattern on the plate, try to raise the center to give a 3D effect
(Placing some salmon scrapes under the spiral will help)
4. Select suitable sprig of parsley to for the stem of the rose
5. Cover the base of the sprig with cheese to form the base of the flower
6. Place in the refrigerator until ready to serve

Garnish

- Sprinkle parsley flakes/powder around the edge of the plate for effect

Secret Ingredient

- Mix cream cheese with some vegetarian stilton for an exquisite taste
- Sorry no booze in this one, but hey I'm not stopping you



Black Olive Appetizers

Servings as required

Appetizers



Black Olive Appetizers: Quick and easy assuming all your guests like olives, of course green olives work equally as well. You can vary this recipe to suit, changing the filling and working on the garnish will give you something original every time. It doesn't get any easier than this

Ingredients:

- Large pitted ripe olives as many as required for each serving
- Pepperoni slices as required
- Cheese of your choice, cut in 2-inch long thin julienne strips
- Carrots or similar cut into 2-inch long thin julienne strips
- Green or red peppers cut into 2- inch long thin julienne strips
- Dill, basil or parsley for garnish

1. Cut thin slice off bottom of each olive to form a flat base
2. Roll up slice of pepperoni and place inside pitted end of each olive
3. Fill center of each pepperoni slice with desired combination of cheese, vegetables and herbs
4. Stand olives on serving plate

Garnish

- Some mayonnaise sprinkled with paprika
- Possibly some iceberg lettuce finely chopped

Secret Ingredient

- Mix mayonnaise with stilton



MAIN COURSE

TURKEY WELLINGTON

PAN ROASTED DUCK & BLACKBERRY SAUCE

COKE AU VIN BAKED HAM

CARAMELIZED ONION AND LENTIL WELLINGTON (V)

TRADITIONAL BUT A LITTLE OUTSIDE THE BOX

Turkey Wellington

Serves 8

Main Course



Turkey Wellington is for all the traditionalists who just have to have turkey on Christmas day but at the same time stepping outside the box a little and putting a different spin on it. Of course it's a lot easier to carve this way as well!!

Ingredients:

Meat

- Large turkey breast (2.5 kg or 4lb 8oz) or two smaller
- Cooking oil
- Twenty rindless rashers of bacon (Preferably streaky)
- Puff pastry (Homemade or purchased 500g)
- One beaten egg and flour for dusting

Stuffing

- Two finely chopped onions
- Large knob of butter
- Turkey trimmings from the breast
- Sausage meat (250g)
- Two eggs
- Dried chopped cranberries (150g)
- Nut puree (Preferably chestnut or walnut 150g)
- Fresh white breadcrumbs (100g approximately)

Sauce

- Butter
- One medium sliced onion or equivalent weight of shallots
- One tablespoon of honey
- One tablespoon of red vinegar
- Half a bottle of red wine (Bet you thought I'd forget the vino)
- Chicken stock (300ml)
- One heaped teaspoon of plain flour



1. Trim the turkey breast as its natural shape does not suit the rolled and wrapped Wellington. Trim the thicker neck end to establish a more cylindrical shape. Once trimmed, tie the breast with a 2cm/1in gap between each loop of string, to give a rounded shape. Don't forget to save the trimmings.
2. Heat 3 tablespoons of cooking oil in a large frying pan or roasting tray. Season the turkey before pan frying until golden brown all over. Remove from the pan and cool. The breast can now be refrigerated to firm up before removing the string.

3. Make the stuffing: cook the onions in a knob of butter for a few minutes until softened, remove from the heat and leave to cool. Roughly chop the turkey trimmings before blending in a food processor until smooth, add sausage meat & eggs, continue to blend for 30-40 seconds until mixed and thickened.
4. Spoon the stuffing into a large bowl, mix in the onions, cranberries, puree and breadcrumbs, this can now be chilled while working on the remainder of the dish.
5. Roll the bacon so it becomes thinner and long enough to wrap around turkey and stuffing. Placing four rashers between two sheets of cling film & rolling it is the easiest way. Repeat until all rashers are pressed, chill until needed, the bacon not you!!
6. Roll the puff pastry on a lightly floured surface to a rectangle approximately 45 x 35cm. Lay the bacon on top of the pastry, leaving a 4cm/1½in border all round, slightly overlap the rashers as they are laid on the pastry
7. Spread the cranberry stuffing over the bacon (Note: Keep back a few tablespoons). Remove the string from the turkey and lay the breast lengthwise ensuring the side you want on top is facing down. The spare stuffing can now be used to fill the gaps if any. Lift 4-5 rashers at a time and press them against the breast, continue until all the rashers on both sides have been lifted and pressed.
8. Bring one long side of the pastry up and over the turkey, brush the other long side with beaten egg, along the border and seal. Brush both ends & fold up to seal in all the ingredients. Turn over & put on a lightly oiled baking tray.
9. To cook: preheat the oven to 200C or 170C in a fan assisted and bake for 75 to 90 minutes. After 45 mins, brush with egg to help colour the pastry, brush again before the last 15 minutes. Once cooked, remove from the oven and rest for 15-minutes before lifting carefully on to a carving board
10. While the Wellington is baking the sauce can be made: melt a knob of butter in a pan, add the shallots/onions and cook until a rich deep golden colour. Add the honey & cook until bubbling, add the red wine vinegar. Bring to the boil and reduce by half, add the stock and return to simmer. Mix the plain flour with a knob of butter and whisk into the sauce completely, return to the boil & then simmer for a few minutes, strain through a sieve before serving

Garnish

- A little sauce, a sprig of parsley and veggies

Secret Ingredient

- A dash of brandy in the stuffing mix



Pan Roasted Duck Breast & Blackberry Sauce

Serves 8

Main Course



Pan roasted my way you can enjoy the best cut of the meat done the way you like it and the sauce is to die for if I say so myself.

Ingredients:

Meat

- Eight 10-ounce Muscovy duck breasts (Muscovy tends to be less greasy)
- Ground salt & black pepper
- One and a half teaspoons green peppercorns in brine
- Half a cup of brandy (My favourite ingredient)

For Sauce

- Two shallots or a largish onion finely chopped
- Half a cup red wine vinegar
- Half a cup of cup sugar
- Two cups fresh blackberries
- Four cups chicken stock

1. Place the shallot, vinegar, sugar, blackberries and chicken stock in a pan
2. Bring to a boil, reduce heat and cook over for 10 minutes
3. Let cool slightly, purée in blender
4. Strain through fine-mesh strainer & set aside until duck is ready

Duck

1. Score fat in a cross-hatch pattern without cutting into the flesh & season
2. Place breasts flat side down in a large skillet over medium heat
3. Cook for 8 minutes, turn & cook for 4 minutes on other side until medium-rare
4. Leave in the pan longer for desired level of doneness if required
5. Remove from pan and keep warm while sauce is finished
6. Away from the flame drain fat, then add peppercorns & brandy
7. Return to heat and bring to a boil, brandy will ignite in pan
8. Cook until flames die out the add blackberry sauce and cook for 3-4 minutes, or until a sauce like consistency is reached
9. Cut the breast into four or five slices

Garnish

- Pour sauce onto the plate
- Stack the slices overlapping on the sauce

Secret Ingredient:

- Some French mustard in the sauce



Coke Au Vin Baked Ham

Serves 8

Main Course



Coke Au Vin Baked Ham: This is one of my early collage experiments that went quite well, as I remember it received an “A” grade, however you know what they say *“The older you get the better you were”*, so it could have been a “C”. This one is basted in coke and wine, and glazed with sugar & mustard, the aroma will send a message to everyone in the house, no need to call them to eat, they will be waiting.

Ingredients:

- One (8 lb) bone-in ham or a shank
- Three cups of Coca-Cola
- One cup of fortified wine (Marsala or Port are good options)
- A quarter of a cup of Dijon mustard
- Half a cup of brown sugar

1. Preheat oven to 325 and use the lowest rack in the oven
2. Score ham about a quarter of an inch deep in about six lines
3. Place in deep roasting pan and pour coke and wine over ham
4. Baste every 15 minutes
5. Turn ham to a different position every 30 minutes
6. If meat starts to get too brown on top too soon cover loosely with foil
7. After about two and half hours remove the ham from the oven
8. Mix sugar and mustard in small bowl and brush generously all over the ham
9. Return to oven on a higher level uncovered, and bake at 450 for 10-20 minutes

Garnish

- Pineapple chunks or rings around the serving dish

Secret Ingredient:

- A little nutmeg in the glaze



Caramelized Onion and Lentil Wellington

Serves 8

Main Course



Caramelized Onion and Lentil Wellington: Christmas is always a difficult time when trying to find that special dish for the vegetarians. A whole year of salads and vegetables, now it's time for something a little different to grace the festive table.

Ingredients:

- Red lentils (150g)
- 400ml water
- Two tablespoons of olive oil
- Three onions chopped
- One tablespoon of sugar
- One large lemon, finely grated zest and juice
- One tablespoon of rosemary chopped
- Home or ready-made puff pastry (375 to 400g)
- One egg, beaten

1. Boil the lentils stirring frequently, until soft - about 15 minutes. You may have to add a little more water while cooking if they seem to be too dry, (not too much) lentils should be thick. The consistency should be like porridge, stir in some salt and allow to cool, then chill in the fridge to firm up
2. Using the oil fry the onions, stirring frequently over a moderate heat until they start to turn golden. Add the sugar and cook until well caramelized. Preheat the oven to 220C
3. Stir the onions through the lentils, adding the lemon zest and juice, rosemary and black pepper. The mixture can be chilled and stored for up to 48 hours at this stage, until you're ready to cook the Wellington
4. Lay the pastry flat on a baking sheet. Spoon the lentil mixture down the middle in a thick sausage shape, leaving a border at each end. Wrap the pastry around the filling and press the edges firmly together and seal the ends. Roll the pastry over so the seam is underneath. Brush with beaten egg, then slash with a sharp knife several times diagonally
5. Bake for 20-25 minutes, or until deep golden, cool for a few minutes before slicing.

Garnish

- With greens

Secret Ingredient:

- Add little nutmeg



VEGETABLES

ZUCCHINI WITH MINT & FETA (V)

ROAST PARSNIPS WITH SOY, HONEY & ORANGE

ROASTED BRUSSELS WITH HAZELNUT BROWN BUTTER

SWEET & SOUR BALSAMIC ONIONS

ORANGE-SPICED CARROTS

JUST A LITTLE DIFFERENT

Zucchini with Mint & Feta

Serves 8

Vegetables



Zucchini (Croquette) with Mint & Feta is a great side dish that is quick and easy to make. Versatility is the name of the game here as it works either cold or hot because the lemon and mint add a fresh, zesty taste, but the hot zucchini and feta cheese give the dish a bit more formality than a cold salad.

Ingredients:

- Six Large Zucchini
- One lemon
- Olive oil
- Feta cheese (70g)
- Half a teaspoon of chopped garlic
- Two tablespoons of shredded fresh mint
- Two tablespoons of shredded fresh parsley
- Fresh ground pepper
- Sea salt

1. Cut the zucchinis in half and then cut into long strips
2. Fry the zucchini strips in olive oil for a few minutes until they turn a golden brown
3. Crumble the feta into the zucchini strips

Dressing

1. Take the juice of the lemon
2. Mix a tablespoon of olive oil
3. Add the garlic and half a teaspoon of lemon zest and mix together
4. Pour the dressing over the zucchini
5. Scatter the mint & parsley over the zucchini and toss
6. Add pepper and salt to taste
7. Serve hot or cold

Secret Ingredient:

- Try substituting the lemon for a lime



Roast Parsnips with Soy, Honey and Orange

Serves 8

Vegetables



Roast Parsnips with soy, honey & orange is another great variation on a theme, parsnips are one of the traditional Christmas dishes that I just couldn't leave out. Hope you enjoy this new spin on an old favourite.

Ingredients:

- Six Large parsnips (Peeled & halved)
- Four tablespoons of honey
- Four tablespoons of olive oil
- One tablespoon of dark soy sauce
- Zest & juice of one large orange

1. Preheat oven to 200C / 400F
2. Pour oil into a roasting pan and put in oven to heat
3. Add parsnips to hot oil, season if desired and roast for 20 minutes
4. Mix honey, soy, juice and zest
5. Add to parsnips and toss to coat
6. Return to oven for another 10 mins until caramelized
7. Serve with and remaining juices poured over

Dressing

- A simple sprig of parsley

Secret Ingredient:

- Try substituting the orange for a lemon
- A tablespoon of brandy with the juice



Roasted Brussels Sprouts with Hazelnut Brown Butter

Serves 8



Roasted Brussels Sprouts With Hazelnut Brown Butter: Roasting brings the very best out Brussels sprouts and may even tempt those who have hated them since they were kids. The browned butter and hazelnuts are wonderful with the roasted sprouts in this recipe, giving these little green guys a new lease of life.

Ingredients:

- Two tablespoons butter (only real butter-no substitutes)
- Brussels sprouts trimmed and quartered (1kg – 2lbs)
- Half a cup of chopped hazelnuts
- Salt & pepper to season
- Six tablespoons water

1. Position rack in bottom third of oven and preheat to 450°F
2. Melt the butter in a large baking dish/tray until browned and fragrant this will usually take 4-5 minutes
3. Remove baking tray from oven and toss Brussels sprouts and hazelnuts with the browned butter, sprinkle with salt and pepper
4. Return to oven and roast for 7 minutes, sprinkle with water, toss, and continue roasting until the sprouts are tender and lightly browned (another 7-10 minutes)

Dressing

- Just the juice from the pan, nothing else required

Secret Ingredient:

- Try substituting the hazelnuts for walnuts



Sweet & Sour Balsamic Baby Onions

Serves 6 to 8

Vegetables



Sweet & Sour Balsamic Baby Onions: A nice side dish to compliment any meat which will contrast nicely next to the more colourful vegetables. Simple to make and very tasty.

Ingredients:

- White pearl onions unpeeled (1kg – 2lbs)
- Three tablespoons butter
- Quarter of a cup of cup brown sugar
- Half a cup of cup balsamic vinegar
- Salt & pepper to season

1. Cook the unpeeled onions in boiling water , cover for about 10 minutes & drain
2. Plunge into ice water to stop the cooking process and drain well
3. Peel the skin off of the onions and trim off any nasty ends
4. Cook the butter with brown sugar in a saucepan until butter melts whisking often
5. Add in balsamic vinegar and mix to combine
6. Add in peeled onions season with salt and pepper
7. Simmer for about 15 minutes or until thickened

Dressing

- Just the juice from the pan, nothing else required

Secret Ingredient:

- A dash of lemon juice when seasoning for a fuller flavour



Orange spiced Carrots

Serves 6 to 8

Vegetables



Orange spiced carrots: These will add colour to your plate, the ginger really compliments the natural flavour of the carrots, which we all know help you see in the dark.

Ingredients:

- Enough Baby Carrots for six to eight (You can purchase them peeled in a bag)
- Two tablespoons brown sugar (use more for a sweeter taste)
- Three to four teaspoons of corn flour
- One and a half cups of orange juice
- Half a teaspoon ground ginger
- Half a teaspoon of ground nutmeg
- Ground black pepper and salt to taste (Optional)

1. Cook the carrots in boiling water or steam them until crisp-tender
2. Drain and set aside
3. In a saucepan combine the sugar, orange juice, ginger, nutmeg and black pepper
4. Bring to a boil over medium-low heat adding the corn flour (gradually) stirring until thickened
5. Add the carrots to the saucepan and toss until heated through and coated
6. Season with salt if desired

Dressing

- Juice from the pan and parsley flakes

Secret Ingredient:

- A teaspoon of brandy



POTATOES

CARAMELIZED TINNED POTATOES
AU GRATIN MY WAY
HEALTHY ROASTIES

OLD & TESTED AND ONE QUICK ONE

Caramelized Tinned Potatoes

Serves 8



Caramelized Canned Potatoes: The perfect shortcut for the busy cook at Christmas and the results are just perfect. Great with all Christmas meats or anytime of the year when you want something quick and easy

Ingredients:

- Two large tins of new potatoes
- Four tablespoons butter
- One cup of cup brown sugar

1. Drain the potatoes well
2. Melt the butter in a pan
3. Stir in the brown sugar and heat, stirring until it bubbles and turns brown
4. Add potatoes and cook 3-5 minutes (until heated through), stirring constantly
5. Serve hot

Dressing

- Sprinkle with parsley flakes

Secret Ingredient:

- Ground black pepper



Au Gratin Potatoes My Way

Serves 8

Potatoes



Au Gratin Potatoes: There are many Au Gratin recipes which are equally good, this is my particular favourite passed on by my late collage cooking partner “Betty” who loved the cheesy flavours of the dish

Ingredients:

- Third of a cup of butter
- Third of a cup of flour
- Salt to season
- Three cups milk
- One and a half cups of shredded cheddar
- Half a cup of freshly grated parmesan cheese
- Seven cups of peeled, sliced, raw potatoes
- Third of a cup of dry bread crumbs
- Two tablespoons of melted butter

1. Heat oven to 350 degrees
2. In a saucepan melt the butter
3. Stir in flour and salt
4. Add milk
5. Cook until mixture boils and thickens, stirring constantly
6. Stir in cheeses and add the potatoes
7. Pour into a large casserole dish
8. Combine bread crumbs and melted butter, sprinkle over potatoes
9. Bake covered for 60 to 90 minutes until bubbly and potatoes are tender

Dressing

- Garnish with chopped chives

Secret Ingredient:

- Black pepper & a little garlic paste



Healthy Roasties

Serves 8

Potatoes



Healthy Roasties: Nothing new here just a healthier way of doing it, hope you like the sandwich bag trick, it works well and stops all those burnt fingers

Ingredients:

- Enough potatoes for 8 people
- Two tablespoons olive oil
- Two tablespoons sesame oil (or sunflower, if you don't have sesame)
- Large pinch of salt
- A large sandwich bag

1. Pre-heat the oven to 200 C and put your potato roasting tin in the oven to pre-heat
2. Scrub the potatoes, there's no need to peel them unless the skins are bad
3. Chop to the size you want for your roasties
4. Boil the potatoes for five minutes and then drain in a colander
5. Shake well to fluff up the edges and make sure they're dry
6. Put the oils and salt into a large sandwich bag
7. Add the potatoes, close and shake well, until all the potatoes are coated with oil
8. When the oven is hot, put the potatoes in the roasting tin, with any spare oil from the bag
9. Roast for 20 minutes, then take the tray out of the oven (to keep the oven hot) and turn all the potatoes, to allow all surfaces to get crispy, cook for another 20 minutes

Dressing

- Just perfect the way they are

Secret Ingredient:

- If I added booze it wouldn't be healthy



DESSERT

MICROWAVE CHRISTMAS PUDDING
FROZEN STRAWBERRY MARGARITA FLAN
GRILLED BLUEBERRIES
BANANA SOUFFLÉ (THE DIFFICULT ONE)
TRADITIONAL BUT QUICKER (SOMETIMES)

Microwave Christmas Pudding

Serves 8

Dessert



Microwave Christmas Pudding: A difficult job made easy with modern technology meeting tradition head on. Quick to make, forget about the hours of steaming, the only way to make it faster is off the shelf at the supermarket.

Ingredients:

- Quality mincemeat (300g)
- Fine shred orange marmalade (140g)
- Molasses cane sugar (200g)
- Four tablespoons of treacle (Can use golden syrup)
- Three eggs beaten
- Four tablespoons of whisky
- Butter (100g) frozen and then coarsely grated
- Self-raising flour (200g)

1. Butter and line a microwave proof pudding basin with greaseproof paper
2. Stir the ingredients together one at a time in the order listed until everything is completely mixed
3. Tip the pudding mix into the basin and cover with a circle of greaseproof paper
4. Place the pudding on a plate and microwave on Medium for 20-25 minutes
5. Leave to stand for 5 mins, then turn out and serve with brandy butter, cream or custard

Dressing

- Holly sprig

Secret Ingredient:

To flame the pudding, pour about 4 tbsp of brandy all over it, then pour another tbsp into a large spoon, carefully set light to this and pour onto the pudding so it starts to flame.



Frozen Strawberry Margarita Flan

Serves 8

Dessert



Frozen Strawberry Margarita Flan: A cook in the freezer recipe which can be prepared well before the event. Quite light in comparison to the tradition Christmas pudding but remember it will take time to freeze (approximately six hours)

Ingredients:

Crust

- One and a half cups of finely crushed digestive biscuits
- Quarter of a cup of sugar
- Half a cup of butter, melted

Filling

- One (14oz - 420ml) tin of sweetened condensed milk
- Quarter of a cup of lime juice
- Two tablespoons tequila
- Two tablespoons orange liquor (Grand Mariner or Cointreau)
- One package frozen strawberries in syrup (10oz – 300ml) thawed
- One cup of whipping cream

1. To make crust combine biscuits, sugar and melted butter
2. Press firmly into bottom of 8" removable bottom form pan (Chill for filling)
3. Combine condensed milk, lime juice, tequila and orange liquor
4. Beat until smooth
5. Add strawberries and mix until well-blended
6. Fold in whipping cream
7. Pour over crust, freeze 4 - 6 hours or until firm
8. Let stand at room temperature 15 minutes before serving

Dressing

- Some fresh halved strawberries

Secret Ingredient:

- No secrets to this one



Grilled Blueberries

Serves 8

Dessert



Grilled Blueberries: One of the quickest desserts ever. This dessert is quite light and very quick to make, the warmth of the grill and the crisp texture of the sugar make for a mouthwatering combination with the fruit, enjoy

Ingredients:

- Six cups of blueberries (You can use any fruit)
- One cup sour cream
- Four tablespoons brown sugar

1. Use ramekins or oven proof dishes
2. Divide blueberries among the dishes
3. Spread equal amounts of the sour cream on each
4. Sprinkle with brown sugar
5. Place on a baking tray and grill 4-6 inches from the heat for 3-4 minutes or until bubbly and sugar melts.

Dressing

- Some fresh cream or fruit sauce

Secret Ingredient:

- A teaspoon of liquor of your choice poured over each after grilling



Banana Soufflé

Serves 8

Dessert



Banana Soufflé : Probably one of the most difficult ones to get just right, I somehow managed to get lucky when I had to make it for an exam. Soufflé continues to be a mystery to me, some say it's the oven, others blame eggs and I've even heard that just putting them down too hard on a work surface can deflate them. Over to you and good luck, practice makes perfect.

Ingredients:

- One cup well mashed banana
- Four egg yolks
- Third of a cup of normal sugar
- Level teaspoon freshly grated nutmeg
- Eight egg whites
- Half a cup of castor sugar

1. Grease eight small soufflé ramekins
2. Beat egg yolks and sugar in a bowl until thick and pale in colour
3. Fold the banana and nutmeg together
4. Place egg whites in another bowl and beat until soft peaks form (Don't over do it)
5. Slowly add castor sugar and beat until thick and glossy
6. Carefully fold in the banana mixture and spoon into ramekins
7. Bake in oven pre-heated to 200°C for 15 to 20 minutes or until puffed and golden
8. Serve immediately

Dressing

- Dust with icing sugar

Secret Ingredient:

- A teaspoon of brandy in the mix



I hope you enjoyed my first attempt at a Christmas cookbook, I certainly enjoyed digging out all my old recipe books and doing the research.

Merry Christmas and a Happy New Year to you all

All our love and best wishes from the sunny Middle East

Gary & Shelly



As is customary with all books these days you need to dedicate it to someone. Well that's an easy choice for me. This one is dedicated to my wonderful wife Shelly who is my inspiration in all things, without her confidence and support in me I would be truly lost, thank you my love